CARAMELIZED ONION TART:

EQUIPMENT:

Frying pan knives & cutting boards

Muffin tin rolling pin

Cutters

INGREDIENTS:

1 tbspn butter 1 tblspn olive oil

500 gm onions sliced 1 tspn brown sugar

Tblspn balsamic vinegar 2 eggs

2/3 cup cream 50 gm grated cheese spray oil

Salt and pepper pinch of nut meg little grated

parmesan or pecorino.

METHOD:

Peel and slice the onions using the food processor or a mandolin. Set aside.

Heat the oil and butter in the frying pan over a medium heat.

Add the onions and cook slowly on a low heat approx. 30 mins until translucent. Stir often.

Add the sugar. Nutmeg and balsamic vinegar and cook for a further 5 mins until the onions have caramelised.

Pre heat the oven to 220 degrees. Spray the muffin tins liberally.

Roll out the pastry and cut out rounds using the cutters.

Place the rounds gently into the muffin tins.

Spoon in the onions, and sprinkle some grated cheese over the top Season to taste.

Beat the eggs and cream together and pour over the onion mixture.

Lightly sprinkle some parmesan over the top of the tart and place in the oven to cook approx. 25 -30 mins.

PASTRY:

1 & 1/3 cups of plain flour 1 & 1/3 cups whole meal flour

75 gm of diced soft butter 1 egg yolk

Cold water

METHOD:

Pour the two flours together into a bowl and mix well.

Add the butter and rub into the flour using your fingertips, until the mixture resembles bread crumbs. (This can be done in the food processor also).

Mix in the egg yolk and enough cold water to bring the dough together.

Turn out onto a lightly floured board and knead gently until it is a smooth ball.

Cover with cling wrap and refrigerate for 30 mins.